

200 Questions: To Ask Yourself

Copyright © 2020

Thank you for reading this work

Destiny S. Harris

Navigation

200 Questions: To Ask Yourself.....	1
Bonus	15
Am I fulfilled with the life I have lived thus far?	16
Who is the person I am becoming?	17
What legacy will I leave on this earth?	18
Am I living my best life now?.....	19
When is the last time I laughed?	20
What is the last act of kindness I did for someone else?	21
Career	22
Do I like my job?	23
Does my job add or detract happiness from my life?.....	24
What are my talents?	25
What are my skills?	26
What activities cause me to lose track of time (in a good way)?	27
What is my dream career?	28
Do I like my boss?.....	29
Do I feel valued at work?	30
Am I respected at work?	31
How do I feel after completing a workday?	32

How do I feel when I'm on my way to work and/or getting ready for work?.....	33
Choices.....	34
What choices have I made that are negatively impacting my life today?	35
Am I a quick decision-maker? If not, why?.....	36
What choices have I made that positively impacted my life the most? Why?	37
What choices do I regret? Why?	38
What choices do I need to make that I have been sitting on for years?	39
How can I make the most of my least productive choices?	40
Who do I allow to influence my decisions? Are they positive influences?	41
Do I tend to make responsible choices or irresponsible choices? Why?	42
Do I think before I make a decision? If not, why?	43
What is one productive and positive choice I can implement in my life today?.....	44
Dreams.....	45
What are my dreams? Why are these my dreams?	46
Am I working on my dreams?	47
Do I care if I accomplish my dreams during my lifetime?.....	48
Do I put in consistent effort on my dreams?	49

Is there anything or anyone that I am allowing to stop me from making my dreams a reality?	50
Do I believe I can accomplish my dreams?.....	51
Do I value my dreams?.....	52
When I think about my dreams, how do I feel?	53
Do I believe in myself?	54
Do I believe that I am capable of accomplishing anything I set my mind to?	55
Emotional Well-Being	56
What is my current emotional state?	57
Am I happy?Am I depressed?	58
Am I stressed out, worried, anxious, or feeling burdened with life? If so, why and what can I do to change this?.....	60
What is the most consistent emotion I feel regularly? What does this mean for me?	61
Are there things that happened to me that are affecting my present? If so, am I ready to deal with them so I can move forward?	62
Do I take care of me? Do I value me?	63
Do I let others take advantage of my time, body, and resources?	64
Am I kind to myself and others?	65
What kind of energy do I put into the universe?.....	66
Family.....	67
Do I have healthy relationships with my family members?.....	68

Do I spend time with my family?	69
Do I value my family?.....	70
Do I demonstrate and convey to my family that I appreciate them?	71
Am I holding onto past wrongs a family member(s) did to me?	72
Am I bitter towards anyone in my family? If so, what is stopping me from forgiving them?	73
Do I offer to help my family when they need assistance?	74
Am I a reliable member of my family?.....	75
When is the last time I conveyed to my family that I love and care about them?	76
What does family mean to me?	77
Friendship.....	78
What characteristics would describe my closest friends?	79
Why did I choose my closest friends?.....	80
Are the people I consider friends adding value to my life?	81
Do my friends talk negatively about their close friends to me?	82
Am I a quality friend?	83
Do I give and add value to the lives of my friends, or do I only take?	84
Do my friends only take from me, or do they add value to my life?85	
What characteristics do I value most in a person I consider a friend?	86

Do I have a reliable network of friends I can count on in time of need?.....	87
Goals	88
What are my top 5 goals right now?.....	89
Are my goals written out somewhere I can review them quickly and often?.....	90
Am I proud of what I have accomplished in my life so far?	91
What is my number one goal? How often am I working on this goal?	92
What am I investing my time in each day?	93
Am I a goal-oriented person?	94
Do I set limits for myself?.....	95
Who is currently supporting me and my goals?.....	96
Are any of my goals contributing back to society?	97
What is my purpose?.....	98
Where am I going from here?	99
Habits	100
What productive habits do I have in my life?	101
What unproductive habits do I have in my life?	102
Do I have any harmful habits in my life? If so, why are these habits still in my life?	103
What is the most valuable habit in my life right now?	104

What is one positive habit I would like to implement in my life today?	105
What areas of my life need more discipline? When will I implement discipline into these areas?	106
Do I thrive in environments with structure or little structure?	107
Am I a doer or wisher?	108
My life would drastically improve if I implemented the habit of _____. So, why haven't I applied this habit yet?	109
What unproductive or negative habits have I adopted due to the influence of others?	110
Health	111
How would I rate my current physical health (1-10)?	112
Are there any parts of my body that consistently experience pain?	113
Am I satisfied with my health status?	114
What measures do I consistently implement to maintain my health?	115
What is my current diet? Is my diet helping me or hurting me (take into account short-term and long-term)?	116
What could I do better regarding my health?	117
Do I get regular check-ups (e.g., semiannual dental & annual physical exams) and blood work?	118
Do I floss daily? Do I brush my teeth at least twice daily? Do I invest in my oral hygiene?	119
How often do I intake water and fresh vegetables and fruits?	120

Do I supplement my diet with vitamins and minerals?	121
Love.....	122
Who are the people I love most?	123
What does the word "love" mean to me?	124
Do I feel like I am loved unconditionally?	125
Am I capable of loving others and myself?	126
How do I convey love to others? Does it make sense the way I love others?	127
Do loving others scare me or excite me?	128
What does real love look like to me?.....	129
How many of my relationships would I consider to have been healthy love?.....	130
Money.....	131
How would I describe my relationship with money?	132
Do I have debt? If so, why? Furthermore, if I have debt, what changes do I need to make so I can get out of it?.....	133
How much money do I want to make a year? Is that number anywhere close to what I make now?.....	134
Am I comfortable discussing topics relating to money?	135
What is the last piece of financial information I learned?.....	136
How often do I educate myself on money and finance?	137
What are my top 3-5 financial goals?	138
Do I regularly track my spending?.....	139

Am I consistently saving my money? If so, what percentage of my income do I save?	140
Am I on track for retirement?	141
Would I consider myself financially independent?	142
How do I utilize money now?	143
My Body.....	144
What do I think of my body?	145
What is my least favorite part of my body? Do I have one?	146
What is my favorite part of my body?.....	147
Am I satisfied with the way I look?	148
Am I satisfied with my weight?	149
Am I satisfied with the way I feel physically?	150
Are there any parts of my body that consistently experience pain?	151
Am I confident or insecure in the way I look and feel?	152
Do I wear clothing that accentuates my body or hides my body?. 153	
Do I consistently take care of my body?	154
Past	155
What skeletons in my past have I not dealt with?	156
What issues am I having today that stem from my past?.....	157
How am I different today than I was a decade ago? Have any positive changes been implemented into my life?	158

What or who do I miss that used to be a part of my life?	159
What choices do I need to make today to prevent a repeat of past situations that did not work in my favor?.....	160
Who do I need to forgive?	161
What is something I have always wanted to do, but still have not done it?	162
What were my childhood dreams?.....	163
Relationships	164
Am I happy in my current relationship (with someone else or myself)?	165
What about my current relationship bothers me most?.....	166
What type of people do I tend to gravitate towards romantically?	167
Do I prefer to be single or in a relationship?	168
Do I enjoy the relationship I have with myself? Do I enjoy alone time?	169
What are the top 10 characteristics I look for in a romantic partner?	170
How do I let others treat me in relationships?	171
How do I treat others when I am in a relationship with them?	172
The most beautiful, fun, and happy relationship I have been in was with _____, and this is why:	173
What does a healthy relationship look like?	174
Was I modeled what healthy relationships look like?	175
Do I often smile in the relationship I am currently in?	176

Does the relationship I am in bring out the best or the worst in me?	177
Do I currently feel uncomfortable around anyone in my life?.....	178
Residence	179
Do I like my home?	180
Do I live in a clean environment?.....	181
Would I rather live in a different city, state, or country?	182
Am I comfortable with the amount of space I live in?	183
Am I unsatisfied with my home? If so, what is the reason behind me staying here?	184
Do I take care of the home I live in?	185
When is the last time I felt or mentioned gratitude for the place I live?	186
What is my favorite room in my home? Why?	187
Is my home a safe space for me?	188
Do I feel comfortable, happy, and free within my own home?.....	189
Self	190
What is important to me?.....	191
What do I need?	192
When do I come alive?	193
What do I desire most?.....	194
What do I love?	195

Who do I love most?	196
What are my hobbies?	197
What things make me smile?	198
What people make me smile?	199
What sucks the life out of me?	200
What makes me angry?	201
What am I most passionate about?	202
What is my purpose?	203
How am I a service to others?	204
What do I believe in?	205
Who am I?	206
When is the last time I celebrated myself?	207
How would I describe the relationship I have with myself?	208
Do I trust myself?	209
When is the last time I did something fun? How often do I engage in fun and meaningful activities?	210
How have I made myself better within the past year?	211
What are my top 5 goals I want to achieve in my lifetime?	212
What things or people bother me the most? Why?	213
Why does my life look the way it looks right now?	214
What is the first thing or person I think about when I wake up? ..	215

What is the last thing or person I think about before I go to sleep?	216
What places do I want to visit?	217
What do I look forward to?	218
Sex.....	219
How often do I have sex?	220
Do I like sex?	221
Am I comfortable discussing sex? If so, why? If not, why?	222
Do I communicate my wants and needs for sex clearly and directly?	223
When I have sex, do I practice safe sex?	224
What does sex mean to me?	225
Am I selective about my sexual partners?	226
Is sex fun for me or a bore?.....	227
Have I taken the time to learn my body, wants, and needs sexually?	228
Sleep	229
Is my sleep usually peaceful or disturbed?.....	230
How do I unwind usually? Is it working well?.....	231
How many hours of sleep do I usually get each day? Is it enough? If not, what can I do, starting today, to ensure I get enough sleep? .	232
What is usually the last thing I do before bed? Is it something that promotes healthy sleep?	233

When I dream, does it tend to be light-hearted and positive or heavy
and negative? 234

Bonus

**Am I fulfilled with the life I have
lived thus far?**

Who is the person I am becoming?

What legacy will I leave on this earth?

Am I living my best life now?

When is the last time I laughed?

**What is the last act of kindness I did
for someone else?**

Career

Do I like my job?

**Does my job add or detract happiness
from my life?**

What are my talents?

What are my skills?

**What activities cause me to lose track
of time (in a good way)?**

What is my dream career?

Do I like my boss?

Do I feel valued at work?

Am I respected at work?

**How do I feel after completing a
workday?**

**How do I feel when I'm on my way to
work and/or getting ready for work?**

Choices

What choices have I made that are negatively impacting my life today?

**Am I a quick decision-maker? If not,
why?**

**What choices have I made that
positively impacted my life the most?
Why?**

What choices do I regret? Why?

**What choices do I need to make that
I have been sitting on for years?**

How can I make the most of my least productive choices?

Who do I allow to influence my decisions? Are they positive influences?

**Do I tend to make responsible
choices or irresponsible choices?
Why?**

Do I think before I make a decision?
If not, why?

**What is one productive and positive
choice I can implement in my life
today?**

Dreams

**What are my dreams? Why are these
my dreams?**

Am I working on my dreams?

**Do I care if I accomplish my dreams
during my lifetime?**

Do I put in consistent effort on my dreams?

**Is there anything or anyone that I am
allowing to stop me from making my
dreams a reality?**

**Do I believe I can accomplish my
dreams?**

Do I value my dreams?

**When I think about my dreams, how
do I feel?**

Do I believe in myself?

**Do I believe that I am capable of
accomplishing anything I set my
mind to?**

Emotional Well-Being

What is my current emotional state?

Am I happy?

Am I depressed?

**Am I stressed out, worried, anxious,
or feeling burdened with life? If so,
why and what can I do to change
this?**

**What is the most consistent emotion
I feel regularly? What does this mean
for me?**

Are there things that happened to me that are affecting my present? If so, am I ready to deal with them so I can move forward?

Do I take care of me? Do I value me?

**Do I let others take advantage of my
time, body, and resources?**

Am I kind to myself and others?

What kind of energy do I put into the universe?

Family

**Do I have healthy relationships with
my family members?**

Do I spend time with my family?

Do I value my family?

Do I demonstrate and convey to my family that I appreciate them?

**Am I holding onto past wrongs a
family member(s) did to me?**

Am I bitter towards anyone in my family? If so, what is stopping me from forgiving them?

**Do I offer to help my family when
they need assistance?**

Am I a reliable member of my family?

When is the last time I conveyed to my family that I love and care about them?

What does family mean to me?

Friendship

**What characteristics would describe
my closest friends?**

Why did I choose my closest friends?

**Are the people I consider friends
adding value to my life?**

**Do my friends talk negatively about
their close friends to me?**

Am I a quality friend?

**Do I give and add value to the lives of
my friends, or do I only take?**

**Do my friends only take from me, or
do they add value to my life?**

**What characteristics do I value most
in a person I consider a friend?**

**Do I have a reliable network of
friends I can count on in time of
need?**

Goals

What are my top 5 goals right now?

**Are my goals written out somewhere
I can review them quickly and often?**

**Am I proud of what I have
accomplished in my life so far?**

What is my number one goal? How often am I working on this goal?

What am I investing my time in each day?

Am I a goal-oriented person?

Do I set limits for myself?

Who is currently supporting me and my goals?

**Are any of my goals contributing
back to society?**

What is my purpose?

Where am I going from here?

Habits

What productive habits do I have in my life?

**What unproductive habits do I have
in my life?**

Do I have any harmful habits in my life? If so, why are these habits still in my life?

**What is the most valuable habit in my
life right now?**

**What is one positive habit I would
like to implement in my life today?**

What areas of my life need more discipline? When will I implement discipline into these areas?

**Do I thrive in environments with
structure or little structure?**

Am I a doer or wisher?

My life would drastically improve if I
implemented the habit of
_____. So, why haven't I
applied this habit yet?

**What unproductive or negative habits
have I adopted due to the influence
of others?**

Health

**How would I rate my current
physical health (1-10)?**

**Are there any parts of my body that
consistently experience pain?**

Am I satisfied with my health status?

**What measures do I consistently
implement to maintain my health?**

What is my current diet? Is my diet helping me or hurting me (take into account short-term and long-term)?

What could I do better regarding my health?

Do I get regular check-ups (e.g., semiannual dental & annual physical exams) and blood work?

**Do I floss daily? Do I brush my teeth
at least twice daily? Do I invest in my
oral hygiene?**

**How often do I intake water and
fresh vegetables and fruits?**

**Do I supplement my diet with
vitamins and minerals?**

Love

Who are the people I love most?

What does the word "love" mean to me?

**Do I feel like I am loved
unconditionally?**

Am I capable of loving others and myself?

**How do I convey love to others?
Does it make sense the way I love
others?**

**Do loving others scare me or excite
me?**

What does real love look like to me?

**How many of my relationships would
I consider to have been healthy love?**

Money

**How would I describe my
relationship with money?**

**Do I have debt? If so, why?
Furthermore, if I have debt, what
changes do I need to make so I can
get out of it?**

**How much money do I want to make
a year? Is that number anywhere
close to what I make now?**

**Am I comfortable discussing topics
relating to money?**

**What is the last piece of financial
information I learned?**

**How often do I educate myself on
money and finance?**

What are my top 3-5 financial goals?

Do I regularly track my spending?

**Am I consistently saving my money?
If so, what percentage of my income
do I save?**

Am I on track for retirement?

Would I consider myself financially independent?

How do I utilize money now?

My Body

What do I think of my body?

**What is my least favorite part of my
body? Do I have one?**

What is my favorite part of my body?

Am I satisfied with the way I look?

Am I satisfied with my weight?

**Am I satisfied with the way I feel
physically?**

**Are there any parts of my body that
consistently experience pain?**

**Am I confident or insecure in the way
I look and feel?**

**Do I wear clothing that accentuates
my body or hides my body?**

**Do I consistently take care of my
body?**

Past

**What skeletons in my past have I not
dealt with?**

What issues am I having today that stem from my past?

How am I different today than I was a decade ago? Have any positive changes been implemented into my life?

What or who do I miss that used to
be a part of my life?

What choices do I need to make today to prevent a repeat of past situations that did not work in my favor?

Who do I need to forgive?

**What is something I have always
wanted to do, but still have not done
it?**

What were my childhood dreams?

Relationships

**Am I happy in my current
relationship (with someone else or
myself)?**

**What about my current relationship
bothers me most?**

**What type of people do I tend to
gravitate towards romantically?**

**Do I prefer to be single or in a
relationship?**

**Do I enjoy the relationship I have
with myself? Do I enjoy alone time?**

**What are the top 10 characteristics I
look for in a romantic partner?**

**How do I let others treat me in
relationships?**

How do I treat others when I am in a relationship with them?

**The most beautiful, fun, and happy
relationship I have been in was with
_____, and this is why:**

What does a healthy relationship look like?

**Was I modeled what healthy
relationships look like?**

**Do I often smile in the relationship I
am currently in?**

**Does the relationship I am in bring
out the best or the worst in me?**

**Do I currently feel uncomfortable
around anyone in my life?**

Residence

Do I like my home?

Do I live in a clean environment?

**Would I rather live in a different city,
state, or country?**

**Am I comfortable with the amount of
space I live in?**

**Am I unsatisfied with my home? If
so, what is the reason behind me
staying here?**

Do I take care of the home I live in?

When is the last time I felt or
mentioned gratitude for the place I
live?

What is my favorite room in my home? Why?

Is my home a safe space for me?

**Do I feel comfortable, happy, and
free within my own home?**

Self

What is important to me?

What do I need?

When do I come alive?

What do I desire most?

What do I love?

Who do I love most?

What are my hobbies?

What things make me smile?

What people make me smile?

What sucks the life out of me?

What makes me angry?

What am I most passionate about?

What is my purpose?

How am I a service to others?

What do I believe in?

Who am I?

**When is the last time I celebrated
myself?**

**How would I describe the
relationship I have with myself?**

Do I trust myself?

**When is the last time I did something
fun? How often do I engage in fun
and meaningful activities?**

**How have I made myself better
within the past year?**

What are my top 5 goals I want to achieve in my lifetime?

What things or people bother me the most? Why?

Why does my life look the way it
looks right now?

**What is the first thing or person I
think about when I wake up?**

**What is the last thing or person I
think about before I go to sleep?**

What places do I want to visit?

What do I look forward to?

Sex

How often do I have sex?

Do I like sex?

**Am I comfortable discussing sex? If
so, why? If not, why?**

**Do I communicate my wants and
needs for sex clearly and directly?**

When I have sex, do I practice safe sex?

What does sex mean to me?

Am I selective about my sexual partners?

Is sex fun for me or a bore?

**Have I taken the time to learn my
body, wants, and needs sexually?**

Sleep

**Is my sleep usually peaceful or
disturbed?**

How do I unwind usually? Is it working well?

How many hours of sleep do I usually get each day? Is it enough? If not, what can I do, starting today, to ensure I get enough sleep?

What is usually the last thing I do before bed? Is it something that promotes healthy sleep?

**When I dream, does it tend to be
light-hearted and positive or heavy
and negative?**